

# PhD MEAL PLAN TEMPLATES

for Weight Management  
& Disease Prevention



*Registered Dietitian designed and PhD  
approved, ready to print menu plans  
that provide credible guidelines, value  
and convenience.*



**Organic (Low Carbohydrate)** - One of the newest trends, according to industry polls, is an organic diet. Foods that carry the “USDA Organic” seal certify that they have been grown and processed according to strict criteria. Specifically they are free of pesticides, synthetic fertilizers, growth hormones and genetically-engineered substances. However, this doesn’t mean they are completely pesticide-free. A few synthetic and botanical pesticides are still allowed. The Organic Templates will help you to meet your organic goals, whether you are a beginner or a pro at this style of eating. These templates incorporate nationally recognized brands of packaged organic foods. As far as produce it is up to the user of these templates to ensure they purchase organically grown produce in their local supermarket. They are designed to yield effective results by combining healthy organic foods that are distributed between 6 meals per day to help boost your metabolism and keep you satisfied.

**Organic (Low Fat)** - These templates utilize the same organic food types as the Organic Low Carb template but the menus are balanced to a lower fat ratio of 20%.

**Gluten-Free (Low Fat)** - Celiac disease affects as many as 2 million Americans. These people are unable to tolerate the protein gluten, which is found in wheat, rye and barley. There is only one treatment for celiac disease and that is strict adherence to a gluten-free diet for life. Learning and following a gluten-free diet are not easy tasks. People with celiac disease need help in getting started in managing their diets and their lives. The Gluten-Free Templates can be one tool to help you get started. These templates are full of simple meal ideas that are completely gluten-free. They incorporate foods that are naturally free of gluten as well as specialized foods that are produced without gluten. These templates can act as a learning tool. However, they should not substitute a visit to a physician and a dietitian specializing in this condition. Instead, these templates should be used as a complement to their instruction. If you suspect celiac disease, it is extremely important that you are properly diagnosed before beginning a gluten-free diet.

**Kosher (Low fat)** - The Kosher template, as with our original Weight Loss template, has been designed to yield effective results by combining healthy foods that are distributed between 6 meals per day to help boost your metabolism and keep you satisfied. They are packed with good nutrition including fiber, healthy fats, vitamins and minerals. General Kosher guidelines have been implemented within these templates. However, to ensure a total Kosher diet, the user of these templates is advised to check all food labels for proper Kosher symbols. In addition, when meal planning, all other Kosher laws and practices must be followed.

combination of carbs, protein and fat. The menus are low in carbohydrates (about 40%), moderate in fat (30%) and higher in protein (30%) to help put you in the zone and manage your weight effectively.

**Italian Feast** - If it’s Italian food you love than these menus are for you! Enjoy your favorite Italian foods while still complying with your weight management goals! These menus follow the popular 40-30-30 ratio combination of carbs, protein, and fat and include popular Italian dishes such as whole wheat spaghetti, chicken marsala, pastrami wraps and more. The menus are low in carbohydrates (about 40%), moderate in fat (30%) and higher in protein (30%) to help put you in the zone and manage your weight effectively.

**Mexican Fiesta** - Ole! With the help of these menus you can now enjoy your favorite Mexican dishes and still comply with your weight management goals. These menus combine tasty Mexican foods with the popular 40-30-30 ratio combination of carbs, protein and fat. The menus are low in carbohydrates (about 40%), moderate in fat (30%) and higher in protein (30%) to help put you in the zone and manage your weight effectively.

## SERIES VII

**Lactose Intolerant** - Lactose intolerance is caused by the deficiency of lactase, a digestive enzyme. The job of lactase is to break down lactose, the milk sugar found in dairy products. When lactose is not broken down it can result in uncomfortable gastrointestinal symptoms. People can have different degrees of lactose intolerance. It is advisable to consult with your physician to confirm a diagnosis and to determine your personal degree of intolerance. Many people can tolerate some dairy, depending on its form. The Lactose Intolerant Templates are meant for the person with moderate lactose intolerance. These menus eliminate most foods that contain lactose and replace them with other foods that continue to supply the important nutrients that dairy products contain such as calcium. In addition, they are designed to yield effective results by combining healthy foods that are distributed between 6 meals per day to help boost your metabolism and keep you satisfied. The Templates contain yogurt, which is a dairy product but is well-tolerated by the majority of lactose intolerant people. Many types of yogurt contain “active-live cultures”, which help to digest some of the lactose, making it easier to tolerate.

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help prevent certain diseases such as cancer. As we age it is important to concentrate on spending calories wisely, consuming enough protein and calcium, as well as maintaining your intake of vitamin D, iron, vitamin A, folate, vitamin B12, vitamin B6 and zinc. Drinking plenty of fluids including water can help battle the changes that occur with aging and fluid intake. The Healthy Aging Templates ensure that you receive all of the proper nutrition necessary to help make aging a healthy time of your life.

**On-The-Go Templates** - Are you one of those people who never eat right because you are always “on-the-go”? Do you lack a healthy diet because of your busy lifestyle? Look no further! The On-The-Go Templates are exactly what you need to continue your busy lifestyle AND eat a healthy diet. These Templates provide you with all types of ideas of how you can still eat healthy even though you feel you never have the time. They incorporate whole foods as well as some healthy fast food restaurant meals. No matter how busy you are a healthy diet is vital to good health and increased energy. Don’t let your busy lifestyle take the place of good nutrition. You can have both by using the On-The-Go Templates.

**Teen Scene Templates** - Is getting your teenager to eat a healthy, well-balanced diet an everyday challenge? During the teen years, good nutrition plays a vital role in proper growth and development as well as eating habits later in life. Now is the time to teach your teen good eating habits that will last a lifetime. The Teen Scene Templates will help guide you through feeding your teenager a healthy diet that you can BOTH agree on. The Teen Scene Templates will ensure your teenager is receiving all of the essential nutrients they need for proper growth and development through these crucial years. These Templates include what all teenagers need: plenty of calcium, iron, calories, protein, carbohydrates, fiber, zinc, as well as other essential nutrients. These Templates are formed around a healthy diet for teens that includes four or more servings of dairy per day; four to six ounces of lean meat per day, fish, poultry or dried beans per day; three servings of vegetables; two servings of fruit and at least six servings of grain products per day.

## SERIES VI - Low Carbohydrate

**All American** - Hurray for the red, white and blue! Are you an all American who loves your native foods! Enjoy those all American foods that you love while continuing to follow your weight management goals. These menus follow the popular 40-30-30 ratio combination of carbs, protein, and fat and include meals such as BBQ chicken, hamburger in a pita & popular breakfast meals. The menus are low in carbohydrates (about 40%), moderate in fat (30%) and higher in protein (30%) to help put you in the zone and manage your weight effectively.

**Fast Food** - On the go all the time, always in a hurry and not sure what to eat when you stop at fast food restaurants? These menus will guide you to making better choices that will help you comply with your weight management goals. They combine fast food choices from Wendy’s, McDonald’s, Burger King and Subway restaurants with the popular 40-30-30 ratio

The closer a food is to the value of 100, the faster it will be absorbed into your bloodstream and the faster the body will use it up. The lower the number is the slower it is absorbed into your bloodstream. The glycemic index only applies to foods that contain carbohydrates. That includes every food group except the meat and fat group. The Hi to Low Glycemic Templates incorporates hi glycemic foods in the morning and afternoon for high energy and winds you down with low glycemic foods in the late afternoon and through the evening hours when you are less active.

**Low Glycemic Templates** - The Low Glycemic Templates do all the figuring for you. Following these menus helps you follow a diet that contains low glycemic foods. Most of the foods contained in these menus have a glycemic index of around 50 or less. Following a diet full of lower glycemic foods can help keep your blood sugar level from falling too rapidly. Low glycemic foods do not cause your body to release as much insulin into your bloodstream and as a result are broken down over a longer period of time. The result is a longer, steadier release of energy, helping you to feel more alert and energetic through your day. By following these menus you will also be less likely to binge eat because your blood sugar levels are in balance.

## SERIES V

**Energy Booster** - Do you feel like you struggle to get out of bed in the morning, feel tired after lunch and barely make it through the evening without falling asleep on the couch? Do you feel just plain worn-out? Than maybe the Energy Booster Template is just what you need. The Energy Booster Template ensures that you eat high-energy, healthy foods all day long to help you fight fatigue and help get you through your busy day with vigor. The Templates incorporate quick delicious energy boosting smoothies during the least energetic parts of your day. Don’t let your diet be the culprit of lost motivation! Use the Energy Booster Template to turn your day around!

**Healthy Aging Templates** - By the time most people reach the age of 50 or 60 they tend to accept the negative effects of aging as a fact of life that they have little or no control over. However, there are some factors that people DO have control over and one of those is their nutritional intake. There is a large body of evidence that suggests that there are positive effects we can have on aging that deal directly with the foods we eat. The good news is that good nutrition incorporated into our lifestyle can help improve energy level, heart function, blood pressure, bone density, and bowel function as well as help keep weight in a healthy range and

## SERIES I

**Lean Bodybuilder** - The Lean Bodybuilder templates combine higher protein, lower fat and higher daily calories for the average person wanting to shed body fat, entry level or experienced bodybuilder. This template has been designed using the cleanest (low in fats), highest quality foods possible distributed between 5 to 6 meals each day to maintain a high metabolism. Protein sources are provided by lean meats such as chicken, turkey, fish and generic protein shakes. This template may be somewhat limited in variety but has been clinically proven to maintain or increase lean muscle tissue when combined with a regular exercise routine consisting of cardiovascular and resistance exercises.

**Mass Builder** - Designed with the hard-gainer in mind. The Mass Builder template provides meal plans and foods that yield higher carbohydrates and slightly higher fat to pack on the pounds where fast weight gain is desired. This template has been designed to work in conjunction with a regular weight training program to stimulate muscle tissue growth. Meal replacement shakes are required for snack times to boost daily calories and provide convenience over preparing foods. The animal protein sources for these templates come from chicken, turkey, fish and red meats.

**Low Cholesterol Low Fat** - The average American diet consists of 510 mg of dietary cholesterol per day. The Low Cholesterol template provides intake averages less than 120 mg per day for the seven-day period. These menus contain plenty of fiber-rich foods including grains and vegetables which will help in lowering LDL levels (bad cholesterol) and triglycerides. By combining a regular exercise program with these templates one can raise HDL (good cholesterol ) levels and prevent future health problems. The primary source of proteins comes from fish and poultry. Meals are distributed between 5 to 6 meals each day to boost metabolism.

**Wheat Free** - A small population have allergic reactions to foods that may contain wheat products. Avoidance of wheat and wheat-containing foods is the first step in the treatment of wheat allergy. However, because wheat is a staple food product, wheat elimination diets are particularly difficult for a person and their family to maintain. The Wheat Free template is designed to provide balanced diet rich in vitamins and minerals, low in fat, but with the absence of wheat by-products. Each day contains at least 5 small but frequent meals to help increase metabolism.

**Weight Loss** - The Weight Loss template has been designed to yield fast results by combining the cleanest (low in fats), highest quality foods possible distributed between 5 to 6 meals each day to boost metabolism. Protein sources are provided by lean meats such as chicken, turkey and fish. This template may be somewhat limited in variety but has been clinically proven to shed weight quickly when combined with a regular exercise routine consisting of cardiovascular exercises to burn calories and resistance exercises to maintain muscle tissue. The Weight Loss template is very popular amongst male and female fitness enthusiasts to burn fat and maintain muscle.

**Vegetarian** - The Low Fat Vegetarian template provides 7 days of meal plans each consisting of 5-6 meals each day. The macronutrient ratios average 65% carbohydrates, 15% protein and 20% fat for the seven day period. Protein sources are provided by tofu and soy products, beans, peanuts and some diary in the form of cheese and milk (no eggs). This template may be somewhat limited in variety but has been clinically proven to shed weight quickly when combined with a regular exercise routine consisting of cardiovascular exercises to burn calories and resistance exercises to maintain muscle tissue. The Low Fat Vegetarian template is very popular amongst active male and female adult to burn fat and maintain muscle.

## SERIES II

**Performance** - The performance menus provide high quality whole grain and vegetable foods for optimum performance needs. The average macronutrient ratio for the 7-day period is 60% carbohydrates, 20% protein and 20% fat. The templates also offer a daily average intake of 40 grams of dietary fiber. High fiber levels will minimize body fat storage and stabilize glucose thus stabilizing blood sugar levels within the body to maximize sustained energy levels.

**Vegan** - These menus are for the strict vegetarian or vegan. They include NO animal products. These menus ensure over 800 milligrams of calcium per day, a mineral that is hard to get for vegans. They also contain plenty of fiber and at least 72% of the RDI for Iron for the week’s average. The higher calorie levels contain all of the recommended Iron for the day. These menus contain plenty of healthy soy also.

**Mature Women** - These menus are geared toward the older woman going through menopause. At this time in a woman’s life, diet is especially important to health and well being. These menus meet the needs of these women. These Mature Women menus include good sources of fiber, are low in fat (24% fat), high in calcium and moderate in sodium. They contain Soy products, which are believed to help fight symptoms of menopause as well, as decrease the risk for certain cancers and help protect against heart disease.

**Low Carb** - These menus are low-carb (about 40% carbs) but still contain all of the essential nutrients. These menus are not, “no carb”, but contain enough for good health and a healthy, successful weight loss. The carbs that are included are concentrated high fiber products. Also included in these menus are “Balance Bars” that are 40% carb, 30% protein and 30% fat. These Meal Bars make for easy but nutritious meals and fit right into these menus! These Bars also include a great source of soy protein.

**Heart Healthy** - These menus are definitely Heart Healthy. They are all low-sodium (below 2400 mg sodium for each day), they contain plenty of fiber and contain NO red meat. These menus are low in fat, especially saturated fat, and higher in unsaturated fats, polyunsaturated and monounsaturated, the “heart healthy” fats. These menus are also low in cholesterol with no more than 200 mg per day. Also included in these menus are soy foods. Soy foods can help protect against heart

disease by helping to reduce cholesterol levels.

## SERIES III - Prevention and Recovery

**Stroke Prevention / Recovery** - The Stroke Templates follow the ideas of the “DASH Diet” (Dietary Approaches to Stop Hypertension), a set of dietary guidelines designed for those with high blood pressure but also a heart-healthy eating plan. Recent research found that the DASH Diet, which may help lower blood pressure, might also reduce levels of homocysteine, a possible risk factor for heart disease and stroke. The Dash Diet is rich in low-fat dairy foods, fruits, and vegetables as well as low in saturated fat and total fat. This eating plan is rich in minerals that may help to lower blood pressure, especially calcium, potassium and magnesium. These templates are also jam packed with vitamin C. A growing body of evidence suggests that people who eat plenty of fruits and vegetables daily to meet their vitamin C requirements have healthier blood pressure levels than those who don’t. These Templates contain loads of fruits and vegetables, which allows for a moderate intake of sodium since these foods are so much lower in sodium than many other foods. Sodium continues to be a controversial issue when it comes to high blood pressure but it is always good general nutritional advice to follow a diet lower in sodium.

**Stable Blood Sugar** - Blood sugar or glucose is the body’s main source of energy and is formed when any type of carbohydrate is digested. Keeping blood sugar levels stable or level throughout the day is vital to people with diabetes to help protect them from developing diabetic complications down the road. It is also imperative for people with diabetes to help protect them from developing diabetic complications down the road. It is also imperative for people with hypoglycemia to help keep them feeling their best all day long. Tight control of blood sugar levels can also help you avoid hunger throughout the day. It is dips in your blood sugar levels that bring on those feelings of intense hunger. The Stable Blood Sugar Templates are meant to help people keep their blood sugar levels as stable as possible throughout the entire day. The Templates incorporate six meals everyday to help minimize dips in blood sugar levels. They are packed with good nutrition including fiber, healthy fats, flaxseed & chromium that all play an important role in stabilizing blood sugar levels. If you have type 1 or type 2 diabetes, check with your physician before following any type of meal plan. Meal planning for diabetics should be individualized and based on individual nutritional goals as well as medications.

**Heart Disease Template** - Foods that you choose strongly influence the health of your heart so better dietary habits can greatly reduce your risk for heart disease. These menus are for people who want to be health conscious and heart healthy. These menus follow the guidelines set by the American Heart Association to help reduce your risk of heart disease. They are jam-packed with fruits, vegetables, a variety of whole-grain products, and “good” fats. The menus are rich in foods that contain soluble fibers as well as omega-3 fatty acids such as fatty fish, nuts and flaxseed, which all help to

lower cholesterol and protect our heart health. This heart healthy diet is high in B vitamins including B6 and folate, which may help to lower levels of a substance called homocysteine in the blood. High levels of homocysteine are a clear risk factor for heart disease. Other heart healthy substances included in these menus are phytochemicals such as isoflavones found in legumes such as soybeans; lycopene found in produce such as tomatoes; indoles found in cruciferous vegetables such as broccoli, polyphenols present in green or black tea; and beta-carotene found in orange and yellow produce. Drink up your tea with these menus- current research finds that drinking tea regularly may protect arteries from plaque build-up. The foods contained in these menus increase your intake of not only phytochemicals but also antioxidants, which also can help to protect you from certain health problems such as heart disease.

**Breast Cancer** - These menus are for women who are serious about taking preventative steps to lower their risk for breast cancer. These menus are predominantly plant-based; are low in saturated fats yet moderate in unsaturated fats (the healthy fats); rich in calcium and moderate in sugar and sodium. These templates are high in fiber and whole-grains, which may help to fight breast cancer by lowering levels of estrogen in the body. These menus include good sources of unsaturated fats, specifically monounsaturated fats and Omega-3 fatty acids in the form of fish, flaxseed, and nuts, which also may help fight breast cancer. The Breast Cancer Templates are jam-packed with foods that contain phytochemicals, which may have a preventative effect against certain diseases including breast cancer. Phytochemicals include indoles in cruciferous vegetables such as broccoli and cauliflower, polyphenols present in green or black tea, lycopene in red colored produce, beta-carotene in orange and yellow produce and isoflavones in legumes such as soybeans. The foods contained in these menus increase your intake of not only phytochemicals but also antioxidants, which also can help to protect you from certain health problems such as breast cancer. These menus provide antioxidants through a large variety of colorful fruits and vegetables.

**Bone Health** - Maximum bone loss occurs as early as the mid thirties. After that we begin to slowly lose bone density and/or bone strength. The “Bone Health” Templates are on the cutting-edge of current research being done in the areas of bone strength and the prevention of osteoporosis. The nutritional goals in maximizing bone mass and minimizing bone loss include adequate intakes of calcium, vitamin D, magnesium, phosphorus, vitamin C, vitamin A, manganese, copper, iron, zinc and unsaturated fatty acids. These menus include foods such as dairy products, fruits, vegetables, whole-grains, nuts and meats that are rich in all of these essential

nutrients. Other important nutritional bone health goals that these Templates include are limited amounts of sodium, limited amounts of caffeine and an adequate intake of protein. Ongoing studies are linking vitamin K and vitamin B12 to the prevention of hip fractures and to the strengthening of bones. These menus include foods such as dark green leafy vegetables, whole grains, dairy foods, fish, beef, and eggs that are rich in both these important vitamins. In addition, these menus include isoflavones from soy foods, which are believed to help prevent osteoporosis and benefit bone health. Soyfoods and flaxseed are also excellent sources of phytoestrogens. Phytoestrogens are known as plant chemicals and have been shown to either directly or indirectly impact bone turnover.

**Cancer Smart** - The Cancer Smart Templates are for people who are serious about taking preventative steps in the area of nutrition to help lower their risk for cancer. These menus contain loads of plant-based foods; are low in saturated fats yet moderate in unsaturated fats (the healthy fats); rich in calcium and moderate in sugar and sodium. These templates are full of fruit and vegetables, which according to the American Institute for Cancer Research (AICR) are rich in substances that help reduce the risk of cancer, heart disease and other chronic diseases like diabetes. Eating a wide variety of fruits and vegetables is important because certain types of phytochemicals are found only in specific kinds of fruits and vegetables. Phytochemicals are “plant-chemicals” that have disease-fighting properties and may help rid the body of carcinogens. For example, carotenoids, a group of antioxidants found in tomatoes, watermelon and sweet potatoes are believed to enhance immunity and heart health as well as play an anticancer role. Another type, lycopene, is linked to reduced risk of prostate and breast cancer. These templates are also high in fiber and whole-grains and contain soyfoods, which may help to fight some forms of cancer. They also include good sources of unsaturated fats, specifically monounsaturated fats and Omega-3 fatty acids in the form of fish, flaxseed, and nuts, which also may help fight certain types of cancer. Consuming a diet high in fruits and vegetables ensures a diet that is full of important antioxidants such as vitamin C, E and A (in the form of beta-carotene). Antioxidants are also important in helping your body to prevent the DNA damage that can cause cancer.

## SERIES IV - Glycemic Management

**Hi to Low Glycemic Templates** - The glycemic index is a helpful tool that measures how fast a food, that contains carbohydrates, will raise your blood sugar. The values on the glycemic index chart are based on pure glucose. Glucose is a carbohydrate that absorbs very quickly into the body, which makes it a good base to compare other foods to. Glucose is given the value of 100 and all other foods are compared to that number.

